

**As we are enjoying our Friday night lights, let's not forget the spirit safety rules keep keep both participants and coaches free from harm or liability.**

The NFHS Spirit Rules Book provides rules and safety limitations that should be followed by all cheerleading / dance / drill / pom and other spirit teams that stunt, tumble or use props as a base. The spirit rules should be followed while participants are in a supporting role at an interscholastic contest and during competition.

**Appropriate Surfaces during football games:**

***Stunting, jumping or tumbling on a wet track is not considered an appropriate or safe surface!***  
(Rule 2-1-5)

Consideration of practice/performance surfaces are a vital component of risk minimization. The following skills are only allowed on a mat, grass or rubberized track surface

- Basket tosses, elevator/sponge tosses and other similar multi-base tosses. (Rule 3-5-3)
- Partner stunts in which the base uses only one arm to support the top person. (Rule 3-4-11)
- Twisting/tumbling skills (Arabians, full-twisting layouts, etc.) (Rule 3-8-6)
- EXCEPTION: Cartwheels, round-offs and aerial cartwheels are allowed on surfaces other than a mat, grass or rubberized track.

**General Apparel: Rule 3**

Jewelry of any kind is prohibited except religious medal worn under the uniform or medical alert which can be visible. This includes props, hair ties, earing plugs, naval ring, religious or medical medals on a chain.

- All jewelry must be removed to participate in any spirit activity, including sideline cheers, jumps and stunts (Rule 3-1-1).

Coaches should not permit loose, slick, baggy clothes, nylon hose / tights which are not appropriate for the specific activity in which they are participating (Rule 3-1-4).

***Theme night props and apparel must be appropriate and fit within apparel guidelines.***